



Intimate Sex

Intimate sex involves a significant other. The sex is a part of the relationship. Sometimes the sexual feelings are warm and mellow. Sometimes they are wild and passionate. But they result from and add to the feelings each partner has for the other.

Impulsive Sex

In this definition of impulsive sex, the partner is usually irrelevant; the person is a vehicle for the high. Impulsive sex can take the form of excessive masturbation. Impulsive sex can be used and abused in the same way drugs are used and abused. It is possible to become addicted to impulsive sex.

What kind of experiences have you had with impulsive sex?

Is impulsive sex linked to your drug use? How?

Describe a healthy, intimate sexual relationship that you have had or hope to have.

Impulsive sex is not part of a healthy recovery lifestyle. It can be the first step in the relapse process. Like using alcohol or a drug other than stimulants, engaging in impulsive sex can trigger a relapse and result in use of stimulants.